TRAUMA AND RESILIENCY

CRIMINAL JUSTICE TRAINING COMMISSION

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JUVENILE DETENTION & MENTAL HEALTH

Juvenile Crime has Consistently Decreased Since 1987

Utilization of Juvenile Detention Decreased by 68% Since 1994

There is a High Correlation Between Juvenile Delinquency and Mental Illness

Frequency, Intensity and Duration of Youth in Detention w/Mental Health Issues has Increased
Youth in Detention

1. Detention is a Negative Experience and **IS** a Deterrent to Delinquency

2. Detention is an Acceptable Part of Their Lives and **NOT** a Deterrent to Delinquency

3. Detention is Likeable and is **NOT** a Deterrent to Delinquency

4. Detention is a Mental Health Intervention and is **NOT** a Deterrent to Delinquency
## Trauma & Adverse Childhood Experiences

### Simple Trauma
- Car Accident
- House Fire
- Earthquake
- One-time Victim of a Crime
- Physical Injury

### Complex Trauma at CYS
- Physical Abuse
- Emotional Neglect
- Family Substance Abuse
- Domestic Violence
- Untreated Mental Illness
- Sexual Abuse
- Placement Disruptions
REATIONS TO TRAUMA & ACES

- DELINQUENCY & ANTISOICAL BEHAVIOR
- FEAR OF PHYSICAL HARM
- EXCESSIVE WORRY & ANXIETY
- LYING & “CRAZY” LYING
- HOMELESSNESS
- FEAR OF ABANDONMENT
- ANIMAL ABUSE
- CRUELTY TO OTHERS & ANIMALS
- DESTRUCTIVE
- DRUG/ALCOHOL ABUSE
- UNSURE OF THE FUTURE
- UNSURE OF WHAT IS TRUE
- LOW FRUSTRATION TOLERANCE
- SUPERFICIALLY ENGAGING
- DEMANDING & QUESTIONING
- UNEMPLOYMENT

- VICTIMS BECOME ABUSERS
- SCHOOL PROBLEMS
- ACADEMIC & BEHAVIORAL
- EXCESSIVELY GUILTY
- QUITTING SCHOOL
- INABILITY TO ACCEPT NURTURING
- SELF HURTFUL
- POOR JUDGMENT
- IMPULSIVE
- LIMITED SOCIAL RELATIONSHIPS
- SLEEP DISRUPTION
- DEPRESSION
- NEUROLOGICAL DISSIMILITUDE
DEPRESSION

DEPRESSIVE THOUGHTS

“I am worthless”

“No one has ever cared about me”

“I can’t do anything well”

“Nothing is ever going to change for the better”

“There is no point in even trying”

“It wouldn’t matter if I wasn’t around”

“No matter how much I try . . . it doesn’t work out”
ANXIETY

Anxious Thoughts

"Something bad is going to happen"

"I'm worried and in danger"

"People cannot be trusted"

"The world and the people in it are dangerous"

"People are judging me"

"I'm overwhelmed and stressed out"

Childhood Anxiety
EXTERNALIZING BEHAVIOR

AGGRESSIVE/ANTIOSICAL THOUGHTS

“IT's not my fault”

“They deserved it”

“You deserve it”

“They’re disrespecting me”

“He/she is lying and trying to provoke me”

“You have no idea what I’m dealing with”

“No one is doing anything for me”

“They are out to get me”
Gravely Disabled: Failure to Provide for Own Essential Needs

Disorganized Thinking & Speech

Disorganized or Abnormal Motor Behavior

Hallucinations (seeing & hearing things that don’t exist)

Delusions (false beliefs not based in reality)
SKILL: ENGAGEMENT

Research: Engagement is the Difference Between High Success and Less Success

Acceptance
Accountability
Positive Activities Together
Relationship Building
Empathy
Warmth
Pro-Social Activities
Listening
Flexibility
Unflappable Attitude
SKILL: AUTHORITATIVE ADULTS

Support
Encouragement
Acceptance
Enrichment
Pro-Social

Discipline
Structure
Predictability
Limits
Accountability

Attachment
SKILL: LISTENING

ACTIVE LISTENING
Focus is on the Present & Future
Believing People are Their Own Experts
Questions = Solutions
Listening for “Strengths”
People Listen to Themselves More Than What They are Told

PROBLEM SOLVING
Focus is on Past and “Problems”
“Fixing” the Problem
Listening for “Problems”
Lecturing
Moralizing
Advising
SKILL: LISTEN

Door Openers for Listening

“Tell Me More”

“I Seems Like You’re . . . (feelings: mad, frustrated, sad, disappointed, etc.)”

“What Would You Like to See Happen”

“What Have You Tried”

“I Appreciate You’re Being Willing to Talk with Me”

“Let’s Discuss It”

“Go Ahead, I’m Listening”

“Would You Like to Talk About It?”

“Tell Me The Whole Story”
SKILL: ACCOUNTABILITY

Restorative Justice  =  “Make it Right”

Children learn by frequency **not** intensity of consequences.

Utilize “active” vs. “passive” consequences

Consequences should have a beginning, middle and end then the consequence is **over**!
Cost of Diversion: $401.79
Cost of Juvenile Prosecution: $???